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FAMILY ECONOMICS REVIEW

HIGHLIGHTS/WINTER 1979

COST OF RAISING FARM CHILDREN

CLOTHING BUDGETS FOR FARM CHILDREN

CHILDREN:

IN ONE-PARENT FAMILIES
IN THE UNITED STATES
DIETS

MAR 29 '79

U.S. DEPT. OF AGRICULTURE
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Consumer and Food Economics Institute
Science and Education Administration
U.S. DEPARTMENT OF AGRICULTURE

Table 1. Cost of raising farm children from birth to age 18, at 4 cost levels, by age and sex: 1977 annual costs¹

Age of child (years)	Total		Food at home		Food away from home		Housing		Transportation		Clothing		Medical care		Education		All other	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Thrifty level:																		
Less than 1:	Dollars																	
1	1,212	1,207	235	235	0	0	595	595	117	117	56	56	128	98	0	0	81	106
2	1,276	1,271	299	299	0	0	595	595	117	117	56	56	128	98	0	0	81	106
3	1,259	1,244	299	299	0	0	595	595	117	117	56	40	111	87	0	0	81	106
4	1,326	1,311	346	346	20	20	595	595	117	117	56	40	111	87	0	0	81	106
5	1,326	1,311	346	346	20	20	595	595	117	117	56	40	111	87	0	0	81	106
6	1,408	1,428	413	413	32	32	595	595	117	117	62	67	108	98	0	0	81	106
7	1,408	1,428	413	413	32	32	595	595	117	117	62	67	108	98	0	0	81	106
8	1,408	1,428	413	413	32	32	595	595	117	117	62	67	108	98	0	0	81	106
9	1,476	1,476	480	474	33	19	595	595	117	117	62	67	108	98	0	0	81	106
10	1,514	1,501	480	474	33	19	595	595	117	117	100	92	108	98	0	0	81	106
11	1,514	1,501	480	474	33	19	595	595	117	117	100	92	108	98	0	0	81	106
12	1,588	1,554	570	517	17	29	595	595	117	117	100	92	108	98	0	0	81	106
13	1,588	1,554	570	517	17	29	595	595	117	117	100	92	108	98	0	0	81	106
14	1,904	1,729	570	517	17	29	595	595	412	271	121	113	108	98	0	0	81	106
15	2,020	1,760	652	527	51	50	595	595	412	271	121	113	108	98	0	0	81	106
16	2,012	1,740	652	527	51	50	595	595	412	271	113	93	108	98	0	0	81	106
17	2,012	1,740	652	527	51	50	595	595	412	271	113	93	108	98	0	0	81	106
Total	27,577	26,494	8,216	7,664	459	450	10,710	10,710	3,286	2,722	1,452	1,320	1,996	1,720	0	0	1,458	1,908
Low level:																		
Less than 1:	Dollars																	
1	1,705	1,705	294	294	0	0	813	813	161	161	76	76	140	119	0	0	221	242
2	1,785	1,785	374	374	0	0	813	813	161	161	76	76	140	119	0	0	221	242
3	1,882	1,871	422	422	51	51	813	813	161	161	76	63	138	119	0	0	221	242
4	1,882	1,871	422	422	51	51	813	813	161	161	76	63	138	119	0	0	221	242
5	1,882	1,871	422	422	51	51	813	813	161	161	76	63	138	119	0	0	221	242
6	2,067	2,072	511	511	52	52	813	813	161	161	99	93	133	123	77	77	221	242
7	2,067	2,072	511	511	52	52	813	813	161	161	99	93	133	123	77	77	221	242
8	2,067	2,072	511	511	52	52	813	813	161	161	99	93	133	123	77	77	221	242
9	2,161	2,145	588	580	69	56	813	813	161	161	99	93	133	123	77	77	221	242
10	2,191	2,196	588	580	69	56	813	813	161	161	129	144	133	123	77	77	221	242
11	2,191	2,196	588	580	69	56	813	813	161	161	129	144	133	123	77	77	221	242
12	2,291	2,260	696	635	61	65	813	813	161	161	129	144	133	123	77	77	221	242
13	2,291	2,260	696	635	61	65	813	813	161	161	129	144	133	123	77	77	221	242
14	2,689	2,462	696	635	61	65	813	813	529	347	159	160	133	123	77	77	221	242
15	2,829	2,492	802	652	95	78	813	813	529	347	159	160	133	123	77	77	221	242
16	2,822	2,489	802	652	95	78	813	813	529	347	152	157	133	123	77	77	221	242
17	2,822	2,489	802	652	95	78	813	813	529	347	152	157	133	123	77	77	221	242
Total	39,407	38,080	10,099	9,442	984	906	14,634	14,634	4,370	3,642	1,990	1,986	2,428	2,190	924	924	3,978	4,356

See footnote at end of table.

Table 1. Cost of raising farm children from birth to age 18, at 4 cost levels, by age and sex: 1977 annual costs¹ --continued

Age of child (years)	Total		Food at home		Food away from home		Housing		Transportation		Clothing		Medical care		Education		All other	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Moderate level:																		
Less than 1																		
1	2,445	2,481	370	370	0	0	1,149	1,149	224	224	111	111	155	159	0	0	436	468
2	2,547	2,583	472	472	0	0	1,149	1,149	224	224	111	111	155	159	0	0	436	468
3	2,554	2,566	472	472	0	0	1,149	1,149	224	224	102	92	171	161	0	0	436	468
4	2,710	2,722	533	533	95	95	1,149	1,149	224	224	102	92	171	161	0	0	436	468
5	2,710	2,722	533	533	95	95	1,149	1,149	224	224	102	92	171	161	0	0	436	468
6	2,710	2,722	533	533	95	95	1,149	1,149	224	224	102	92	171	161	0	0	436	468
7	3,208	3,225	650	650	84	84	1,149	1,149	224	224	146	145	174	160	345	345	436	468
8	3,208	3,225	650	650	84	84	1,149	1,149	224	224	146	145	174	160	345	345	436	468
9	3,350	3,349	753	740	123	118	1,149	1,149	224	224	146	145	174	160	345	345	436	468
10	3,389	3,421	753	740	123	118	1,149	1,149	224	224	185	217	174	160	345	345	436	468
11	3,389	3,421	753	740	123	118	1,149	1,149	224	224	185	217	174	160	345	345	436	468
12	3,558	3,504	905	822	140	119	1,149	1,149	224	224	185	217	174	160	345	345	436	468
13	3,558	3,504	905	822	140	119	1,149	1,149	224	224	185	217	174	160	345	345	436	468
14	4,114	3,801	905	822	140	119	1,149	1,149	741	503	224	235	174	160	345	345	436	468
15	4,254	3,811	1,000	820	185	131	1,149	1,149	741	503	224	235	174	160	345	345	436	468
16	4,251	3,857	1,000	820	185	131	1,149	1,149	741	503	221	281	174	160	345	345	436	468
17	4,251	3,857	1,000	820	185	131	1,149	1,149	741	503	221	281	174	160	345	345	436	468
Total	59,414	57,996	12,837	12,009	1,881	1,641	20,682	20,682	6,100	5,148	2,844	3,070	3,082	2,882	4,140	4,140	7,848	8,424
Liberal level:																		
Less than 1																		
1	3,641	3,722	413	413	0	0	1,733	1,733	330	330	155	155	180	212	0	0	830	879
2	3,794	3,875	566	566	0	0	1,733	1,733	330	330	155	155	180	212	0	0	830	879
3	3,865	3,923	566	566	0	0	1,733	1,733	330	330	158	158	248	257	0	0	830	879
4	4,090	4,148	613	613	178	178	1,733	1,733	330	330	158	158	248	257	0	0	830	879
5	4,090	4,148	613	613	178	178	1,733	1,733	330	330	158	158	248	257	0	0	830	879
6	4,946	4,989	799	799	139	139	1,733	1,733	330	330	222	227	234	223	659	659	830	879
7	4,946	4,989	799	799	139	139	1,733	1,733	330	330	222	227	234	223	659	659	830	879
8	4,946	4,989	799	799	139	139	1,733	1,733	330	330	222	227	234	223	659	659	830	879
9	5,087	5,110	891	825	188	188	1,733	1,733	330	330	222	227	234	223	659	659	830	879
10	5,109	5,219	891	825	188	188	1,733	1,733	330	330	222	227	234	223	659	659	830	879
11	5,109	5,219	891	825	188	188	1,733	1,733	330	330	244	336	234	223	659	659	830	879
12	5,317	5,331	1,046	976	241	195	1,733	1,733	330	330	244	336	234	223	659	659	830	879
13	5,317	5,331	1,046	976	241	195	1,733	1,733	330	330	244	336	234	223	659	659	830	879
14	6,021	5,646	1,046	976	241	195	1,733	1,733	994	671	295	310	234	223	659	659	830	879
15	6,201	5,627	1,187	961	269	191	1,733	1,733	994	671	323	436	234	223	659	659	830	879
16	6,229	5,753	1,187	961	269	191	1,733	1,733	994	671	323	436	234	223	659	659	830	879
17	6,229	5,753	1,187	961	269	191	1,733	1,733	994	671	323	436	234	223	659	659	830	879
Total	89,038	87,920	15,153	14,067	3,045	2,811	31,194	31,194	8,596	7,304	4,042	4,686	4,160	4,128	7,908	7,908	14,940	15,822

¹Budgets were derived from expenditure data from the 1973 Farm Family Living Expenditure Survey, conducted by the Statistical Reporting Service of the USDA. Estimates were based on data from families with members of the corresponding age-sex categories.

Thrifty, low, moderate, and liberal budget levels were computed at levels of living which corresponded to family food expenditures at the USDA food plan levels.

Annual costs of the budgets were updated to 1977 by adjusting for price changes since the survey date. The following indexes of the Consumer

Price Index, published by the Bureau of Labor Statistics, were used: Food at home; food away from home; housing; transportation; apparel commodities; men's and boys' garments; women's and girls' garments; footwear; medical care; reading and recreation; an average of the personal care and reading and recreation indexes.

Data rounded to the nearest \$1.00.

Clothing totals were derived by individually updating clothing component estimates presented in Polyzoou and Edwards (6) with the appropriate indexes, rounding, and then adding.

to continue to serve the needs of diverse users, these research-based materials needed revision using the most current data available and methodology which reflects, to the extent possible, the uses to which the final estimates will be put.

Surveys such as the FFLES and the CES are currently the only sources of data that provide necessary detail for the development of these

budgets and that are representative of the U.S. population. These cross-section studies provide considerable detail on family income and expenditures and include information on the sex, age, occupation, and marital status of each family member. The nature of these data bases, however, do present some problems which should be borne in mind in the use and interpretation of the estimates.

Table 2. Budget components of the cost of raising farm children as a percent of total costs at 4 cost levels¹

Budget component and sex	Thrifty	Low	Moderate	Liberal
	<u>Percent</u>			
Food at home:				
Boys	30	26	22	17
Girls	29	25	21	16
Food away from home:				
Boys	2	3	3	3
Girls	2	2	3	3
Housing:				
Boys	39	37	35	35
Girls	40	38	36	36
Transportation:				
Boys	12	11	10	10
Girls	10	10	9	8
Clothing:				
Boys	5	5	5	4
Girls	5	5	5	5
Medical care:				
Boys	7	6	5	5
Girls	7	6	5	5
Education:				
Boys	0	2	7	9
Girls	0	2	7	9
All other:				
Boys	5	10	13	17
Girls	7	12	14	18
Total:				
Boys	100	100	100	100
Girls	100	100	100	100

¹Based on total cost estimates for boys and girls from table 1.

Unfortunately, data bases which are sufficiently large and detailed to show changes in household characteristics and expenditure patterns are compiled infrequently. For example, these estimates for farm children are based on expenditure patterns and characteristics of farm families in 1973. Estimates based on these data may be adjusted to reflect price changes, but to the extent that families allocate their total resources differently, or allocate their resources among components of child-rearing costs differently, these estimates reflect only those patterns as captured by the data in 1973, and not changes that have taken place since that time.

In addition, even with very large data bases, sample size places a limit on the extent to which family characteristics are represented and may be taken into account. Once the sample is partitioned by several characteristics such as age and sex of the child, the limits for reliable estimates are quickly reached. The examination of special circumstances such as single-parent families or foster children, therefore, may not be feasible.

The estimates are based on cross-section data which present a picture of the characteristics of the population at one point in time. The total cost figures from birth to age 18 as presented in table 1, therefore, do not reflect the change in level and mix of goods and services available or consumed by one household as a result of changes in prices, income, or preferences experienced as the child grows up. Instead, the totals represent the experiences and behavior of different families with children at various ages.

For convenience, the total figures are expressed in constant 1977 dollars, which assumes the child progresses through the 18 years under consideration at 1977 price levels. For many uses, comparisons in constant dollars are appropriate. The total can also be computed, however, using prices current in each year. For example, the total cost in current dollars of raising a farm boy born in 1960 at the moderate cost level until he reached 18 in 1977 would have been \$40,196 (table 3) compared with the figure in constant 1977 dollars from table 1 of \$59,414. This lower figure takes into account changes in price levels measured by the Consumer Price Index for the different components of the budget as they

occurred from 1960 to 1977.

Depending on the use of the total cost figures, other adjustments can be made. For example, if concern were with projecting costs to be incurred over the life of a child born in 1970, adjustments that reflect the experienced price changes, as measured by the Consumer Price Index, could be made to the estimates for each subsequent year of the child's life up to 1977. Adjustments for expected price changes, using some assumed price index, could be made to the cost estimates for the corresponding age years beyond 1977.

Consideration could also be made for changes in family level of living over the life cycle by combining figures at different cost levels. For example, it might be assumed that a child was raised for several years at one cost level and for other years at another cost level.

METHODOLOGY

Sample

The estimates were developed from survey data collected in 1973 and early 1974 by the Economics, Statistics and Cooperatives Service (ESCS), formerly the Statistical Reporting Service, of the USDA (7, 9). The Farm Family Living Expenditure Survey (FFLES) was designed as a comprehensive study of the expenditures of farm operators' families. The self-weighting sample of 2,621 families provided data on family characteristics, expenditures, and income.

The cost of raising a child estimates were derived using data from 34 subsamples of this total sample. Each subsample included only those families with members of the age-sex category for which estimates were being computed. For example, data on the 242 families with infants under 2 years were used to develop clothing estimates for infants under 2. Thus, the size, age-sex composition, and expenditure patterns of the families with members in the given category form the basis of the estimates.

Levels of the Budgets

The levels of the estimates reflect levels of living of families whose food expenditures correspond to the four USDA food plans. The food plans are based on actual food consumption habits, as well as standards of nutritional adequacy, and indicate amounts and costs of

Table 3. Cost of raising a farm boy born in 1960 at the moderate cost level in prices current in the year specified¹

Year	Age of child	Total	Food at home	Food away from home	Housing	Transportation	Clothing	Medical care	Education	All other
<u>Years</u>										
Dollars										
1960	Less than 1	1,196	174	0	547	113	66	61	0	235
1961	1	1,257	224	0	551	115	66	62	0	239
1962	2	1,273	226	0	556	117	60	71	0	243
1963	3	1,359	259	41	562	118	60	72	0	247
1964	4	1,376	261	42	569	119	60	74	0	251
1965	5	1,398	268	43	575	121	61	76	0	254
1966	6	1,736	343	40	589	123	90	80	213	258
1967	7	1,780	342	42	606	127	93	86	219	265
1968	8	1,856	353	44	632	131	99	91	229	277
1969	9	2,036	428	69	672	136	106	98	238	289
1970	10	2,181	450	74	721	143	141	104	248	300
1971	11	2,273	461	78	754	150	145	111	261	313
1972	12	2,458	579	91	783	152	148	114	269	322
1973	13	2,627	673	99	818	157	153	119	275	333
1974	14	3,355	773	111	913	576	199	130	293	360
1975	15	3,786	925	161	1,011	630	207	145	316	391
1976	16	3,998	944	172	1,074	692	213	159	331	413
1977	17	4,251	1,000	185	1,149	741	221	174	345	436
1960-77	TOTAL	40,196	8,683	1,292	13,082	4,461	2,188	1,827	3,237	5,426

¹Derived from estimates and indexes presented in The Cost of Raising Farm Children, by Carolyn S. Edwards and Bruce C. Gray, a paper presented at the Food and Agricultural Outlook Conference in November 1978 at Washington, D.C. Data rounded to nearest \$1.00.

11 groups of food that together provide an adequate diet for individuals of a specified age and sex. Food plans for families may be derived by combining this information for individuals and applying economy of scale factors to account for family size (5).

The work of Engel, examining the relationship between well-being and the proportion of total expenditures devoted to food, underlies the use of the food plans as a benchmark for the levels of the budgets (3). The application assumes that families who are spending at similar cost levels on food, allowing for differences in family size and composition, are living at similar levels. These levels are, in turn, reflected in other areas of consumption. An advantage of using food as a benchmark for indicating level of living is that food is the one category of consumption for which scientific standards of adequacy are available. The use of the food plans also allows differences in family size and composition to be taken into consideration, which is not possible with income, the more common indicator of level of living.

Estimation Procedure

The estimates presented here used an overall approach similar to earlier USDA studies (1, 2, 4); however, some changes in data collection, definition of variables, and estimation procedures were both inevitable and desirable. For example, it was not possible to compute regional estimates with the 1973 FFLES data. In addition, changes were made to reflect new uses of the estimates. Therefore, direct comparisons of the present with earlier estimates are generally not possible.

Estimates of each budget component except food at home were computed, for each age-sex subsample, using multiple regression procedures.

Budget Components

A major stage in the development of the estimates was to obtain, from the FFLES data, expenditures for each child in the family, by age and sex. Only those expenditures for children age 17 and under were to be included. This required that expenditures for parents and older children be separated as accurately as possible.

Ideally, cost estimates would have been made for each year of age. However, because of

sample size, estimates could only be made for ranges in age. For each budget component, therefore, children's age-sex categories had to be defined in such a way as to reflect observed differences in consumption that accompany differences in physiological and social needs, or which reflect the share of family expenditures which can appropriately be attributed to a family member of a given age and/or sex. Because the pattern of these differences varies among budget components, the age-sex categories were defined differently for each component. For example, the age-sex categories for food reflect changes in nutritional needs as a child matures, whereas those for clothing reflect changes in needs associated not only with physical growth, but major changes associated with social activity as well. Ideally, little variation in consumption of the budget component should be evident within age-sex groups, while important variation should be reflected between them.

For some budget components, such as clothing, the survey data were available only on expenditures for family members identified by very broad age-sex categories. For other components, such as housing and transportation, the survey data were available only on costs for the family as a whole. Each individual child's share of such observed costs had to be developed. The following sections describe the eight budget components.

Food at home. Estimates for food at home were developed from the USDA food plans for 1973 rather than from the FFLES data. Because the thrifty food plan had not been developed in 1973, the thrifty level was computed as 80 percent of the low cost level.

The food plans are amounts of food for individuals of different ages and sex at four cost levels (5). The food plans assume all meals are eaten at home. However, in this study estimates were developed for the cost of food away from home. In order to avoid double-counting, the food plan figures were reduced by the proportion of estimated costs for food away from home that, according to separate analyses, substituted for costs of food at home. In order to reflect the average size of FFLES families with members of each given age-sex category, the food plan estimates were adjusted by economy of scale figures provided with the food plans (5).

Food away from home. These estimates were based on the child's share of family expenditures for meals away from home other than those at work. No estimates were made for children under age 3. Total family expenditures on food away were divided among family members by assuming that family members would consume the same proportion of the family food away as of food at home.

Housing. Family housing costs included two parts: Out-of-pocket expenditures for items such as fuel, utilities, second homes, furniture, equipment, and service contracts; and a housing services portion which consisted of an estimated annual rental value for owners, rent paid for renters, and an estimated reasonable annual rental value for those who received their housing without full expenditure. Total family housing costs were divided equally among family members.

Transportation. Transportation costs for the family included current expenses such as vehicle operation, service, and maintenance; public transportation; and an annual value of consumption of owned vehicles defined as the purchase price divided by estimated average service life of the vehicle. For purposes of determining proportions of family costs to be allocated to each child, three age-sex categories were used: Children 13 and under, boys 14 through 17, and girls 14 through 17. The age of 14 appeared to be an appropriate dividing age for farm children who may be licensed to drive in some states at that age. Total family transportation costs were then allocated to individuals using proportions developed in such a way as to reflect the actual size and age-sex composition of the family as well as the age and sex of the child.

Clothing. Data on clothing expenditures from the FFLES were collected on 95 clothing items. In order to make estimates of clothing more manageable and yet retain detail, these 95 items were reduced to six clothing categories by combining similar items: Wraps, outerwear, underwear and nightwear, hosiery, footwear, and hats and other items.²

² Children's clothing budgets are available not only for the annual costs by age and sex as shown in table 1, but also for the six clothing component categories (6) (see article on page 12).

Earlier analyses on patterns of clothing consumption led to the development of 11 age-sex categories for children which reflect changes in physiological and social needs. Data from the FFLES, however, were collected only for five age-sex categories: Infants under 2, females 2 through 15, males 2 through 15, females 16 and over, and males 16 and over. Observed expenditures in these broad age-sex categories thus had to be divided among the 11 categories developed for these estimates. For example, if a family had 2 girls ages 4 and 10, the data on family clothing expenditures on females 2 through 15 had to be divided between the one girl in the 2 through 5 category and the other in the 10 through 13 category.

Medical care. Estimates of the cost of medical care for children were based on family medical and dental expenditures which included net expenditures for health insurance, hospital and physician services, eye care, prescriptions, and medical supplies. Medical costs were divided among family members on a proportionate basis corresponding to data on the average distribution of health care expenditures by age-sex categories (10). Family dental expenses were divided equally among family members over 2 years of age.

Education. Expenditures on education included tuition; books and supplies; fees; and (for children not living at home) transportation, food, and housing expenses while attending school. Estimates were based on families whose oldest child was at least 6 but no older than 17. This limitation was imposed in order to exclude educational expenses for parents or older children attending college. Expenses were divided equally among the children aged 6 through 17.

All other. The all-other category included family expenditures on such items as gifts and contributions; sewing materials and laundry expenses; miscellaneous recreational and entertainment expenses; and interest, service, and other transaction costs. These expenditures were divided equally among family members. Male personal expenses were divided among the males in the family and female personal expenses among the females.

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CONSUMER AWARENESS AND USE OF UNIT PRICING

Results of a 1976 survey of food shoppers on unit pricing is the subject of a new report from the Economics, Statistics, and Cooperatives Service of the USDA. The survey, part of a national study on consumers' behavior, attitudes, and motives relating to several food-related issues, explores how well the unit-pricing system works among food shoppers by determining (1) awareness and use of unit pricing, (2) which products unit pricing is mainly used for, (3) if problems which shop-

pers originally had with unit pricing still exist, and (4) shoppers' opinions about the usefulness of unit pricing. Tables include data showing shoppers' awareness and use of unit pricing by demographic characteristics, use of unit pricing for selected products, and the usefulness of different shopping aids to consumers.

The report, ESCS-30, is available from the National Technical Information Service, 5285 Port Royal Road, Springfield, Va. 22161, for \$4.50.

CLOTHING BUDGETS FOR FARM CHILDREN, 1977

by Annette Polyzou, Carolyn S. Edwards, and Mills B. Weinstein

Annual clothing budget costs have been developed for farm children under age 18 based on data from the 1973 Farm Family Living Expenditure Survey (FFLES) (7, 8). The budgets include costs for several age-sex categories and for four levels—thrifty, low, moderate, and liberal.

The levels of the budgets reflect the usual clothing consumption practices of farm families. They do not reflect scientifically determined standards of adequacy, since such standards have not been developed for clothing. Because clothing practices are, for the most part, socially or psychologically determined, clothing budgets should provide for garments suitable for the usual lifestyle of the individual and his or her self-concept or intended image at a level of expenditure consistent with the family's income and interest in clothing in relation to other forms of consumption. The estimates reported here, which include annual budget costs for six clothing categories, are based on the actual clothing expenditures of farm families in 1973. These expenditures reflect the size and composition of wardrobes of farm children, the durability of fabrics and construction, and clothing replacement practices.

Uses and Limitations

Standard budgets for clothing are used to help families manage their expenditures and make long-range plans. To manage month-to-month expenditures, the family must decide on a budgeted amount that fits its needs. Comparing the family's usual expenditures and wardrobes with average practices of other families helps the family select an appropriate cost level. Standard budgets also indicate how clothing expenses change as children grow older or the size and composition of the family changes. In addition, State and Federal agencies often use standard budgets to assess the income needs of families.

Ideally, clothing budgets should include both quantity and cost information to enable users to evaluate the budgets in comparison with their own needs and to plan purchases that fit the pattern of the selected budget. A complete, detailed specification of a clothing

budget would include annual costs, the amount budgeted for each type of garment, and the number of garments to be maintained in inventory. The information needed to construct this kind of budget is most readily obtained from studies of actual expenditure patterns of large samples of households representative of a given population.

The budgets presented in this paper, however, cover only total costs by clothing category. Although data from the FFLES on quantities of 95 individual garments purchased are available, estimates for numbers of individual garments could not be developed.

It also would have been desirable to develop, as in earlier studies (1, 3, 5), separate estimates for individuals living in different climatic regions. The FFLES sample design, however, did not permit this.

The budget costs cover purchased clothing only. The actual inventories, especially for children, probably included additional garments handed down from an older child, received as gifts, or obtained from some other source without cost. A 1965-66 survey of one urban area found that only about 70 percent of the total amounts of clothing acquired by low to moderate income families was purchased new. This ranged from as little as 33 percent for children under 2 to 81 percent for male heads of families (2).

The Estimates

Budget costs, updated to 1977 price levels, ranged from about \$40 to \$120 at the thrifty level, \$60 to \$160 at the low level, \$90 to \$280 at the moderate level, and \$150 to \$440 at the liberal level, depending on the age and sex of the child (see table). Cost differences probably reflect differences in the price of garments purchased, as well as the number of garments in the wardrobe and frequency of replacement. At the moderate and liberal levels, budget costs for teenage girls were generally higher than those for boys. Generally, clothing budget costs increased with the age of the child. Older children may have purchased garments with greater fashion interest and perhaps replaced these more frequently as fashions changed. Also, older children are

Farm children's clothing budgets at 4 cost levels by age and sex: 1977 annual costs¹

Cost level and age of child (years)	Total		Wraps		Outerwear		Underwear and nightwear		Hosiery		Footwear		Hats and all other	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Dollars														
Thrifty level:														
Infants	56	56	5	5	11	11	29	29	2	2	8	8	1	1
2-5	56	40	7	6	21	12	9	7	2	3	15	11	2	1
6-9	62	67	7	11	26	23	7	6	3	4	18	19	1	4
10-13	100	92	9	15	45	34	6	9	4	6	31	24	5	4
14-15	121	113	12	17	60	45	6	10	4	10	33	23	6	8
16-17	113	93	13	7	49	34	8	9	5	13	32	21	6	9
Low level:														
Infants	76	76	6	6	19	19	36	36	3	3	11	11	1	1
2-5	76	63	9	7	31	23	10	9	3	4	21	18	2	2
6-9	99	93	10	13	46	39	9	7	4	5	26	24	4	5
10-13	129	144	13	18	58	65	8	14	5	9	38	31	7	7
14-15	159	160	15	19	80	75	8	15	5	12	42	29	9	10
16-17	152	157	15	15	78	71	9	14	6	16	37	28	7	13
Moderate level:														
Infants	111	111	9	9	32	32	48	48	4	4	16	16	2	2
2-5	102	92	12	9	42	37	12	12	5	4	28	27	3	3
6-9	146	145	14	16	71	70	12	10	7	8	35	34	7	7
10-13	185	217	21	23	84	107	11	21	8	13	51	42	10	11
14-15	224	235	20	24	113	123	11	22	7	15	57	38	16	13
16-17	221	281	18	31	130	139	10	24	7	23	47	44	9	20
Liberal level:														
Infants	155	155	12	12	49	49	64	64	6	6	22	22	2	2
2-5	158	158	18	13	68	69	16	18	7	6	44	47	5	5
6-9	222	227	20	22	112	120	17	16	11	11	51	49	11	9
10-13	244	336	29	31	111	177	15	33	11	19	65	59	13	17
14-15	295	310	25	28	150	172	15	29	10	17	73	48	22	16
16-17	323	436	22	51	210	226	12	36	10	31	58	62	11	30

¹Budgets were derived from expenditure data from the 1973 Farm Family Living Expenditure Survey, conducted by the Economics, Statistics and Cooperatives Service, formerly the Statistical Reporting Service of the USDA. Estimates were based on data from families with members of the corresponding age-sex categories.

Thrifty, low, moderate, and liberal budget levels were computed at levels of living which corresponded to family food expenditure at the USDA food plan levels.

The budgets cover costs for garments and footwear, but exclude clothing materials for sewing and upkeep.

Annual costs of the clothing budgets were updated to 1977 by adjusting for price changes for clothing since the survey date. The following 1977 annual average subindexes of the Consumer Price Index, published by the Bureau of Labor Statistics, were used: Apparel commodities, men's and boys' garments, women's and girls' garments, and footwear. Data rounded to nearest \$1.00.

probably more likely to participate in work or recreational activities requiring special clothing and to need a larger and more diverse wardrobe because of their more active social life.

Separate estimates were computed for six categories of clothing: Wraps; outerwear; underwear and nightwear; hosiery; footwear; and hats and all-other items. The wraps category includes light and heavy coats and jackets. Outerwear includes suits, sweaters, pants, shirts, dresses, skirts, and sportswear. Underwear and nightwear includes diapers, underpants, undershirts, bras, slips, sleepwear, and robes. Hosiery includes socks and stockings; footwear includes shoes and boots. The hats and all-other category includes hats, gloves, handbags, jewelry, and accessories. The budget estimates do not include costs for fabric and other items for home sewing or for clothing upkeep.

For infants, underwear and nightwear accounted for the greatest proportion of total clothing costs, followed by outerwear. This would be expected because of necessary expenditures for diapers, particularly disposable ones. In all other age-sex categories, however, outerwear costs accounted for the greatest proportion of the total annual costs, followed by footwear. For example, at the moderate cost level, underwear and nightwear for infants cost \$48, outerwear \$32, and footwear \$16 out of the total annual clothing budget of \$111. In contrast, underwear and nightwear for girls aged 6 through 9 cost \$10, outerwear \$70, and footwear \$34 out of the total annual clothing budget of \$145. Generally, the hats and all-other category was the lowest of the total for all age groups.

Levels of the Budgets

The cost levels of the estimates reflect levels of living of families whose food expenditures correspond to the USDA's four food plans. The work of Engel, examining the relationship between well-being and the proportion of total expenditures devoted to food, underlies the use of the food plans as a benchmark for the levels of the budgets (4). The application assumes that families who are spending at similar cost levels on food, allowing for differences in family size and composition, are living at similar levels. These levels are, in turn, reflected

in other areas of consumption. The food plans are based on actual food consumption habits, as well as standards of nutritional adequacy, and indicate amounts and costs of 11 groups of food that together provide an adequate diet for individuals of a specified age and sex. An advantage of using food as a benchmark for indicating level of living is that food is the one category of consumption for which scientific standards of adequacy are available. The use of the food plans also allows differences in family size and composition to be taken into consideration, which is not possible with income, the more common indicator of level of living.

Updating Procedures

Budget costs were estimated from the 1973 data and then updated to 1977 by subindexes of the Consumer Price Index. The apparel commodities index was used to update infants' clothing cost estimates; the women's and girls' garments index was used for the girls' garments categories; the men's and boys' garments index was used for the boys' garment categories; and the footwear index was used to update estimates of the infants', girls', and boys' footwear categories.

The estimates in the table account for price changes since 1973 when the data were collected, but do not reflect the extent to which families may have changed their allocation of total resources among all budget items or their allocation of clothing resources among all clothing items. For example, comparisons of clothing data from the 1972-73 Survey of Consumer Expenditures with previous Consumer Expenditure Survey (CES) data indicates that average family clothing expenditures, as a percent of total consumption expenditures, declined in both current and constant dollars. The aggregate, personal consumption expenditure (PCE) data, supplied by the Bureau of Economic Analysis annually as part of the U.S. National Income and Product Accounts, also indicated a decline in clothing expenditures as a percent of total personal consumption expenditures for the same period. The PCE data indicated that this trend continued through 1977 (7).

The 1973 FFLES estimates are lower than previous budget estimates updated to comparable price levels (1, 5). While this is consistent with trends as indicated by the CES and PCE

data, changes in data collection, variable definition, and estimation procedures make direct comparisons of the present with earlier estimates invalid.

Sample and Estimation Procedures

The estimates were developed from survey data collected in 1973 and early 1974 by the Economics, Statistics and Cooperatives Service (ESCS), formerly the Statistical Reporting Service of the USDA (7, 8). The FFLES was designed as a comprehensive study of the expenditures of farm operators' families. The self-weighting sample of 2,621 families provided data on family characteristics, expenditures, and income.

The clothing cost estimates were derived using data from 11 subsamples of the total sample. Each subsample included only those families with members of the age-sex category for which estimates were being computed. For example, data on the 242 families with infants under age 2 were used to develop clothing estimates for infants under 2.

The methodology used to develop these estimates was modified from earlier USDA studies which utilized data from the 1960-61 Survey of Consumer Expenditures (1, 3, 5). Estimates of each clothing category were computed for each age-sex group, using multiple regression procedures.¹

Age-Sex and Clothing Categories

A major stage in the development of the estimates was to obtain, from the data, clothing item expenditures for each child in the family, by age and sex. Ideally, estimates would have been developed for each year of age. However, because of sample size, estimates could only be made for ranges in age.

Data on clothing expenditures were collected for only five broad age-sex categories: Infants under 2, females 2 through 15, males 2 through 15, females 16 and over, and males 16 and over. These broad age ranges, however,

mask considerable variation in clothing consumption. More narrow age-sex categories therefore were needed to reflect changes in consumption that accompany changes in physiological and social needs of individuals. Analyses of age-sex differences and trends of clothing consumption from the 1960-61 Survey of Consumer Expenditures (1), reviews of previous research, and examination of the age-sex distributions in the FFLES data lead to the development of 27 age-sex categories, 11 of which are part of these estimates for children. Age-sex categories for younger children reflect changes in consumption caused by periods of rapid growth as well as their usual activities at different ages. The increased concern for conforming to peer groups is reflected in categories for older children.

In order to compute clothing cost estimates for these new age-sex categories, observed expenditures on clothing for members of the original five age-sex categories had to be apportioned to individual family members. In a few cases, where the family had only one child of a given sex in the 2 through 15-year age range, all the reported expenditures for that category could, of course, be attributed to that child. In other cases, the expenditures had to be divided among two or more children. For example, if a family had two girls ages 4 and 10, the data on family clothing expenditures on females 2 through 15 had to be divided between the one girl in the 2 through 5 category and the other in the 10 through 13 category. Expenditures for girls 16 through 17 and boys 16 through 17 had to be apportioned from observed totals for females 16 and over and males 16 and over, respectively. To divide the expenditures reported for the broad age-sex categories among family members, proportions were developed for each family which reflected its age-sex composition.

Data on the cost of 95 individual garments were collected in the survey. However, only a small number of families reported purchases of some items. In order to obtain reliable estimates, it was therefore necessary to group garments into categories. To the extent possible, the categories which were developed were defined in such a way that garments which can serve a similar purpose in the wardrobe and are thus at least partially substitutable for one another were grouped together. All six clothing

¹ For additional information on methodology see "Clothing Budgets for Farm Children, 1977," by Polyzou, A., and Edwards, C. S., a paper given at the Food and Agricultural Outlook Conference in November 1978 at Washington, D.C. This paper may be ordered from the Consumer and Food Economics Institute (see p. 2 for address).

categories are applicable to all of the age-sex categories and are consistent with the way garments are grouped in clothing subindexes of

the Consumer Price Index. Total dollar expenditures for each clothing category thus formed the basis of the cost estimates.

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CHILDREN IN THE UNITED STATES¹

by Cynthia L. Jennings

The number of children in the United States has declined by 8 percent (from 70 million to 64 million children) in the 7 years between 1970 and 1977. During this period the birth rate (births per 1,000 population) dropped from 18.2 to 15.3. As the birth rate has declined, children have become a smaller part of the population: In 1977 children represented 29.6 percent of the population compared with 34.0 percent in 1970. Almost all of this decline was accounted for by decreases in numbers of children under the age of 14 years. The number of farm children has been decreasing faster than the number of children in the total population. Between 1970 and 1976 the number of farm children under age 14 decreased 33 percent compared with only a 10-percent decrease for all children under age 14. This decline reflects the lowering of the birth rate, the high net outmigration in earlier decades of young farm adults of childbearing age, and the general decline in the total farm population.

Family Type

In 1978, over 99 percent of all children lived in families. Of children in families almost 78 percent lived in a traditional husband-wife family, with the father designated as the head of the family (table 1). However, the number of children living in this type of family has decreased since 1970 when 86 percent of children in families lived with both parents. The number of children living with only one parent has increased from 11 percent in 1970 to 17 percent in 1978. The largest increase was among children living with their mother only. The remaining 5 percent of children in families lived in families where someone other than a parent was the family head.

Today's families have fewer children. In 1977, the average number of children per family was 2.00—down from 2.29 children in 1970.

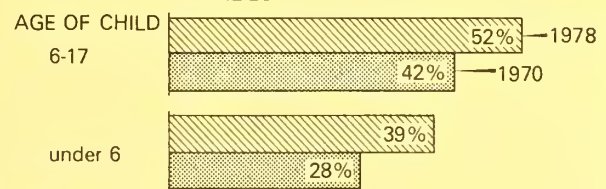
In 1977, the median income of families with children² was \$16,530. However, income levels

varied greatly between family types. The median family income for husband-wife families with children was almost three times that of female-headed families—\$18,504 and \$6,260, respectively. In 1977, about one-sixth of all children lived in families with incomes below the poverty level, compared with about half of the children living in female-headed families.

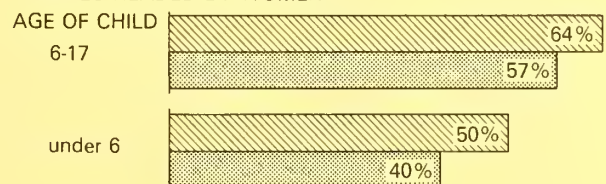
In 1978, almost half of all children had mothers in the labor force (either employed or seeking work)—an increase of 15 percent in numbers since 1970. This increase reflects the rise in the number of broken marriages, the decline in the birth rate, and the sharp increase of labor force activity of mothers with young children. Mothers of children under age 6 increased their labor force participation at a faster rate than other mothers between 1970 and 1978, although older children were still more likely to have a mother in the labor force than were younger children (chart 1). In husband-wife families, 52 percent of children ages 6-17 had a mother in the labor force compared with 39 percent of children under age 6. Children who lived with only their mother

CHILDREN WITH MOTHERS IN THE LABOR FORCE

HUSBAND-WIFE FAMILIES



FAMILIES HEADED BY WOMEN



Source: Bureau of Labor Statistics.

¹ "Children" refers to all persons under 18 years of age unless otherwise noted.

² Includes only families with own never-married children of the family head.

were more likely to have their mother in the labor force than children in husband-wife families. About 61 percent of all children in female-headed families had mothers in the labor force compared with 48 percent of children in husband-wife families.

The labor force participation of mothers has a significant influence on median family income. In husband-wife families with children, the median family income in 1977 was \$19,878 when the mother was in the labor force versus \$17,237 when she was not. In female-headed families with children, the median family income when the mother was in the labor force was almost double that of when the mother was not in the labor force (\$8,148 and \$4,404, respectively).

Race

About 83 percent of all children were white, 15 percent were black, and 2 percent were other races in 1978. The majority of white children age 19 and under lived in metropolitan areas, with the largest number living outside the central city. Black children also lived primarily in metropolitan areas but with the largest number living within the central city.

Although 99 percent of both white children

and black children lived in families, the predominant form of the family varied. Most white children (84 percent) lived with both parents (father as the family head) while less than half of black children (44 percent) lived in this type of family (table 2). A larger percentage of black children than white children lived in other family arrangements such as with their mother only, with their grandparent or other relative as the family head, or with neither parent present in the family (5 percent versus 1 percent).

Between 1970 and 1978 the number of black children living in families with both parents (father as the family head) decreased almost twice as much as the number of white children in such families. The number of children living with their mother only increased about equally for both races. However, for white children the increase was almost completely accounted for by children living with their mother as the family head. For black children, the biggest increase was among children living with their mother with a grandparent or other relative as the family head. There was an increase in the number of white children living with their father only (father as family head) and a decrease in the number of black children in this type of family between

Table 1. Children in families, 1970 and 1978 ¹

Category	All races			
	1970		1978	
	Thousands	Percent	Thousands	Percent
Children in families, total	69,725	100	62,767	100
Living with both parents	59,694	86	49,132	78
Living with mother only	7,678	11	10,725	17
Living with father only	761	1	985	2
Living with neither parent	1,593	2	1,924	3

¹Persons under age 18; excludes children not living in families where a relative is the family head.

Source: Department of Labor, Bureau of Labor Statistics.

1970 and 1978. However, the total numbers of children of either race living with their father only was small, compared with other family types.

In 1977, the median family income for black children (\$8,932) was almost half that for white children (\$17,566). Similarly, a higher percentage of black children than white children lived in families that were below the poverty level (40 percent versus 11 percent).

In general, black children were more likely than white children to have a mother in the labor force in 1978, 58 and 48 percent, respectively. However, there were significant differences by family type. In husband-wife families, 64 percent of black children had a mother in the labor force compared with 47 percent of white children. In contrast, 54 percent of black children in female-headed families had a mother in the labor force versus more than 64 percent of white children in this situation.

Education

In 1977, 49 million children, or 90 percent of all children ages 3-17, were enrolled in some form of school from nursery school through high school. This represents a 6-percent decrease in enrollment since 1970. The participation rate was 96 percent for children ages 5-6,

99 percent for children ages 7-13, and 94 percent for children ages 14-17. Rates are lower for the younger children (3-6 years), but they have increased in recent years—from 21 to 32 percent between 1970 and 1977.

In 1977, about 90 percent (44 million) of children enrolled in school attended a public school. This percent was similar for all levels of school except nursery school where there are fewer public facilities available. The majority of nursery school students (65 percent) were enrolled in private schools.

The number of children attending preprimary programs (nursery school and kindergarten) increased 18 percent between 1970 and 1976, even though the number of total children ages 3-5 years decreased 11 percent during the same time. The labor force status and occupation of the mother was an important influence on enrollment of the 3-to-5-year-olds in school. In 1976, 45 percent of these children who were enrolled in school had a mother in the labor force compared with 39 percent of those not enrolled in school. A larger proportion of 3- and 4-year-old children whose mothers were employed as white-collar workers were enrolled in school than children whose mothers were employed in other occupations. For 5-year-olds, the enrollment rates were similar between occupations. Education of the

Table 2. Children in families, by race, 1978¹

Category	White		Black	
	Thousands	Percent	Thousands	Percent
Children in families, total	52,261	100	9,236	100
Living with both parents	44,001	84	4,094	44
Living with mother only	6,592	13	3,978	43
Living with father only	770	1	195	2
Living with neither parent	897	2	969	11

¹Persons under age 18; excludes children not living in families where a relative is the family head.

Source: Department of Labor, Bureau of Labor Statistics.

mothers also had an influence on enrollment of children in preprimary programs. In 1976, the rate of 3-to-5-year-olds enrolled in school was 38 percent if the mother had completed 8 years or less of school, 48 percent if the mother had completed high school, and 70 percent if the mother had completed 4 years or more of college.

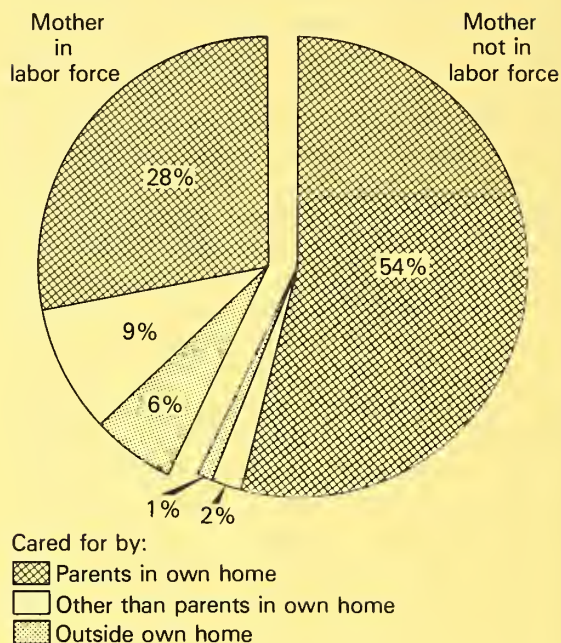
Child Care

Although arrangements made for child care vary somewhat with the mother's labor force activity and whether the child is enrolled in school, the majority of children 3 to 13 years old in 1974 and 1975 were cared for primarily by a parent in their own home (chart 2).

In families with children 3 to 13 years old whose mother was in the labor force, care by parents was still the most common form of child care, but other arrangements were also frequently used. For children of employed mothers, parental care accounted for 61 percent; self-care by child, 10 percent; care by another relative in the child's home, 9 percent; and care in someone else's home, 13 percent.

School enrollment influences arrangements for child care. School-age children who have working mothers are more likely to be cared for primarily by a parent than are preschool-age children (64 percent versus 54 percent). This may be that mothers arrange to work part time while the child is in school. Also, some children 7 to 13 years old may be mature enough to care for themselves until one of their parents returns from work. In fact, almost 14 percent of these older children of employed mothers care for themselves.

DAYTIME CARE OF CHILDREN



Children 3 to 13 years old, 1974 and 1975. Excludes 1.3 million children with no mother present or for whom there was no data available. Source: Bureau of Census.

Chart 2

Children 3 to 6 years old are less likely to be enrolled in school and often require full-time care. Therefore, of these younger children with employed mothers, almost 30 percent are cared for in someone else's home with about half of these being cared for by relatives. Young children of employed mothers are also much more likely to be cared for in a day-care center than older children. However, the actual number of children in day-care centers is small in comparison with other child-care arrangements.

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CHILDREN LIVING IN ONE-PARENT FAMILIES¹

by Marsha Freeman Epstein

Population Trends

At a time when the total number of children living in families was declining, the number who lived with just one parent was on the rise (see chart). In 1978, 11.7 million children lived in one-parent families and accounted for one of five children living in families, up from one of eight in 1970.

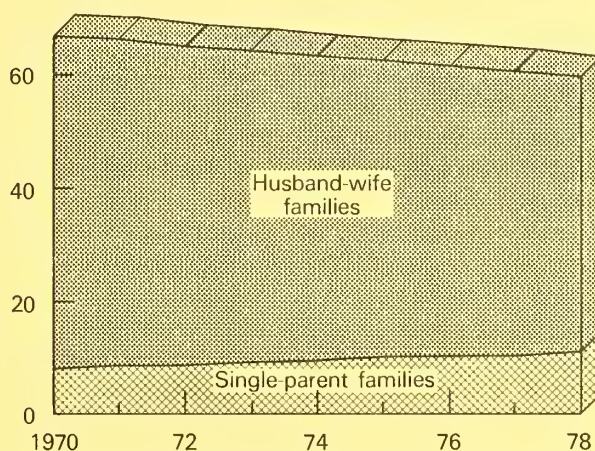
Despite popular belief, the percent of children in one-parent families living with their father has remained relatively constant in recent years. Although more men may currently be raising children than in previous years, these male-headed, one-parent families contain fewer children than their female-headed counterparts. In 1977, the female-headed, one-parent family contained an average of 1.99 children, while the male-headed, one-parent family averaged only 1.66 children.² The increase in the number of children living in one-parent families from 1970 to 1978 is due

almost entirely to the increase in the number of children living with their mother.

Regardless of the sex of the parent, approximately 40 percent of all children in one-parent families live with a divorced parent. This large number of divorced parents may be attributed

CHILDREN IN FAMILIES

MIL. CHILDREN
80 —



Children under 18. Excludes 3 million children living in families where a relative other than the parent is head of the household. Also excludes ½ million children not living in families. Source: Bureau of Labor Statistics.

¹ Unless otherwise noted, "children" refers to all persons under 18 years of age who are related to the family head, except those who head families or who are wives of family heads.

² Includes only own unmarried children of the family head.

to several factors such as liberalized divorce laws, society's relaxed attitude toward divorce, and free legal services to lower income families. With the exception of divorce, the marital status distribution of one-parent family heads differs according to the sex of the parent. In female-headed, one-parent families 27 percent of all children live with a separated mother and 12 percent live with a widowed parent. Male-headed, one-parent families exhibit the reverse pattern. Seventeen percent of the children live with a separated father and 21 percent live with a widowed parent. More single, never-married men and women are raising children than previously. Single parents raise 15 percent of all children in female-headed, one-parent families, and 7 percent of all children in male-headed, one-parent families.

Income and Labor Force Status

Although both male- and female-headed, one-parent families must face the psychological and physical stress of raising children without the aid of a spouse, the female-headed, one-parent family has the additional burden of coping with severe economic conditions that generally are not shared by its male counterpart. In 1976, 52 percent of all children living in female-headed, one-parent families were living below the poverty level, compared with only 17 percent of all children living in male-headed, one-parent families.

The median income of one-parent families in 1977 varied with sex as well as race of the parent (see footnote 2). While the median income for male-headed, one-parent families was \$13,698, that for females was only \$6,260. When race was considered, the male-headed families continued to have higher income levels than their female counterparts, as shown below.

Median income, 1977

	<u>White</u>	<u>Black</u>
Male	\$14,684	\$9,167
Female	6,981	5,357

Labor force status of the family head also affected the amount of income reported by the family. For example, male-headed families with the head in the labor force had a median income of \$14,770, compared with \$8,148 for females. When not in the labor force, there is little difference in the income of male (\$5,081) and female (\$4,404) one-parent family heads.

Sixty percent of all children in female-headed, one-parent families have a parent in the labor force, compared with 84 percent of all children in male-headed, one-parent families. Children of school age (6 years of age or older) are more likely than younger children to have a mother in the labor force. A higher proportion of white than black children in female-headed, one-parent families have a mother in the labor force.

Women in the labor force tend to be concentrated in low-skilled, high-turnover positions such as clerical workers, operatives, and service workers. Some changes occurred in the occupational distribution of female family heads between 1970 and 1977. A higher percent of these women are moving into professional and managerial positions, and the percent of women in household service jobs is shrinking. However, the percentage of clerical workers has remained relatively constant.

Demands of single-parenting may compete or interfere with those of earning a living. For example, a single parent may turn down overtime work or business trips because of child-care responsibilities or may miss work because a child is ill or otherwise needs care. Such responsibilities may affect earnings by limiting hours worked and opportunities for advancement. Unlike two-parent families, the one-parent family cannot rely on the income of a spouse to supplement its income. Data on families in which the wife works indicate that a wife's earnings represent 26 percent of the family's income.

Expenditure and Living Patterns

Data from the 1972-73 Consumer Expenditure Survey indicate that, in general, the expenditure pattern for one-parent families is similar to that of low-income families, who must use a greater share of their money on the necessities of housing and food than do families with higher incomes. This leaves a smaller

share for transportation, recreation, and other items.

The average dollar amount spent on housing by one-parent families was only three-fourths as much as that of two-parent families, yet that amount constituted 37 percent of their consumption expenditures compared with 29 percent for the two-parent family. Although housing represented the largest portion of the one-parent family's total expenditure, two-thirds of these families are renters and not able to enjoy the benefits or the asset accumulation available from home ownership.

One-parent families tend to be smaller and, thus, have fewer people to feed than two-parent families (3.2 persons compared with 4.2). In dollar terms, one-parent families spend less on food than two-parent families—about two-thirds as much—but as a proportion of their total budget, they spend more—22 percent compared with 20 percent.

In the area of transportation, however, the one-parent family spent less than the two-parent family both in amount (only 43 percent as much) and as a proportion of the total (14 percent compared with 20 percent). This may be due to the fact that almost every two-parent family owns at least one car, while just over half of all one-parent families own a car.

Despite having to manage within an income that averages lower than that of the two-parent family and is more heavily committed to necessities, the one-parent family may have to absorb additional expenditures that are not as prevalent in the budget of two-parent families. For example, an employed single parent may need to arrange for child care during the day, and babysitters may be needed more frequently in the evening. Since the employed single parent is usually not available to drive children to and from school or social activities, transportation must be arranged. Due to the busy schedule of an employed single parent, there is little time for normal household management chores in addition to the primary tasks of earning a living and raising children. For example, when time and money resources are limited, changes may occur in patterns of meal preparation. Families may choose to purchase more convenience foods, eat out more frequently, or hire outside help to prepare meals. In addition to meal preparation, a family may need outside assistance to perform the tasks of laundry and general housework. All of these alternatives would lessen the workload of an employed single parent, but may also increase the family's financial burden.

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CHILDREN'S DIETS

by Cynthia Cromwell Junker

Most of the decisions about the kinds and amounts of food the young child eats are made by parents, usually the mother. The mother's nutrition knowledge, attitudes toward meal planning and food preparation, and permissiveness are factors influencing the nutritive quality of diets of preschool children (3). Parents who provide meals and snacks that are sound nutritionally not only support growth and development of the child but probably establish a strong base for a lifetime food consumption as well.

Nutrient Needs

The 1974 Recommended Dietary Allowances (RDA) (1) for children are shown in table 1. The RDA are the levels of intake of nutrients considered by the Food and Nutrition Board, on the basis of scientific knowledge, to be adequate to meet the known nutritional needs of practically all healthy children. They take into consideration average growth rates of normal children. When rapid growth in a short time occurs, additional food energy and nutrients may be needed.

As children grow, their need for nutrients and for food energy (calories) increases but not necessarily at the same rate. As a boy grows from a preschool child into a teenager, nutrient allowances for ascorbic acid, vitamins D and E, calcium, phosphorus, iron, and zinc increase proportionately less than the allowance for energy. Therefore, diets to meet the RDA in early years must provide more of these nutrients per 1,000 calories of food energy than in later years (table 1). For other nutrients the increase in the RDA's with age is about the same or slightly more than for energy.

The nutrient and food energy needs of the girl also increase as she moves toward adolescence. But her energy needs slowly decline after early teens. The RDA for food energy for the 15- to 19-year-old girl is 400 to 900 calories lower than for a boy of the same age. However, the girl has a similar or higher allowance than the boy for most nutrients—protein, ascorbic acid, folacin, vitamin B₆, vitamin B₁₂, calcium, phosphorus, iron, and zinc. This means that the teenage girl, to

control her weight, usually must eat less food (measured in calories) than the teenage boy. Furthermore, the assortment of foods eaten by the teenage girl must provide more nutrients per 1,000 calories than is necessary for the teenage boy. For each 1,000 calories she needs almost 40 to 50 percent more iron, calcium, phosphorus, zinc, ascorbic acid, vitamins D, B₆, B₁₂, and folacin than the teenage boy. Because of this, girls may find it more difficult than boys to select foods that provide the nutrients recommended while avoiding overweight. It is especially difficult for a female, 11 years and older, to meet her allowance for iron—18 mg—from a typical American diet.

Diet Quality

There are several indicators of the nutritional quality of children's diets. Some come from nationwide surveys. The USDA Household Food Consumption Survey showed that a day's food intake for most of the sex-age groups studied, from infants to young adults, provided 90 percent or more of the 1974 RDA for energy (calories), protein, vitamin A value, thiamin, riboflavin, and ascorbic acid (4). However, average intakes for many sex-age groups were well below the allowance for iron; average intakes for teenage girls were well below the allowance for calcium, as well. In low-income families average intakes of several sex-age groups were below recommended allowances for calcium, iron, ascorbic acid, and vitamin A value.

The Health and Nutrition Examination Survey (HANES) found that, in 1971-72, 14 percent of the white and 23 percent of the black children 1 to 5 years of age consumed food providing less than 1,000 calories on the day studied—considerably less than their allowance for food energy. Average iron intakes were below the 1968 RDA for children 1 to 5 years and 12 to 17 years of age; vitamin A intake was below the RDA for children 12 to 17 years (5).

In several States surveyed by the Ten-State Nutrition Survey in 1968-70, children from low-income families who were under 7 years of age and had poor diets also had poor growth

Table 1. Recommended Dietary Allowances (1974) for children

Nutrient	Unit	Allowance				Allowance per 1,000 calories			
		Child, 1-3 years	Child, 7-10 years	Teenage boy	Teenage girl	Child, 1-3 years	Child, 7-10 years	Teenage boy	Teenage girl
Food energy	cal	1,300	2,400	3,000	2,100	--	--	--	--
Protein	g	23	36	54	48	18	15	18	23
Fat-soluble vitamins:									
Vitamin A	I.U.	2,000	3,300	5,000	4,000	1,538	1,375	1,667	1,905
Vitamin E	I.U.	7	10	15	12	5	4	5	6
Vitamin D	I.U.	400	400	400	400	308	167	133	190
Water-soluble vitamins:									
Ascorbic acid	mg	40	40	45	45	31	17	15	21
Folic acid	mg	.1	.3	.4	.4	.08	.12	.13	.19
Niacin	mg equiv	9	16	20	14	7	7	7	7
Riboflavin	mg	.8	1.2	1.8	1.4	.6	.5	.6	.7
Thiamin	mg	.7	1.2	1.5	1.1	.5	.5	.5	.5
Vitamin B ₆	mg	.6	1.2	2.0	2.0	.5	.5	.7	1.0
Vitamin B ₁₂	µg	1.0	2.0	3.0	3.0	.8	.8	1.0	1.4
Minerals:									
Calcium	mg	800	800	1,200	1,200	615	333	400	571
Phosphorus	mg	800	800	1,200	1,200	615	333	400	571
Iodine	mg	60	110	150	115	46	46	50	55
Iron	mg	15	10	18	18	12	4	6	9
Magnesium	mg	150	250	400	300	115	104	133	143
Zinc	mg	10	10	15	15	8	4	5	7

Source: Calculated from Recommended Dietary Allowances. 1974. 8th ed. National Academy of Sciences, National Research Council, Food and Nutrition Board.

achievement as measured by height and had poor tooth development and numerous caries (6). Other nutrition surveys have found children's diets low in calcium, iron, vitamin A, and ascorbic acid (3).

A consistently low level of nutrients, as measured by the RDA, in the diet can lead to undernourishment. Some studies have demonstrated that undernourished children become fatigued easily and are unable to sustain prolonged physical and mental effort and to fully participate in learning experiences (2).

Obesity can also be an indicator of improper nutrition among children. One cause of obesity is energy intake greater than energy expenditure over a prolonged period of time. While there is much controversy over whether the obese child will likely become an obese adult, extreme obesity at any age is recognized as a health problem.

Dental caries, common among all groups of children, can be another diet-related problem. A contributing factor is frequent intake of sweet foods (2) coupled with poor oral hygiene.

Food Plans and Costs

Children need a varied diet—they need a good assortment of fruits and vegetables (including some that are rich in vitamins A and C); meat, poultry, fish, and alternates such as dried beans, nuts, eggs (to provide protein, iron, B-vitamins, and other minerals and vitamins); cereals and breads, whole-grain, enriched or fortified (to provide protein and other nutrients, especially iron and certain B-vitamins); and milk and milk products (especially for calcium, protein, riboflavin, and other nutrients). Foods in these groups are also counted on for food energy.

Assortments of foods which provide the amounts of nutrients recommended for children of different ages are illustrated by the USDA food plans.¹ Amounts of food for a week in the low-cost food plan are shown in table 2. The quantities of most foods increase

in the plans for a boy as he grows older and his RDA's increase. More than twice as much of some foods are suggested in the plan for a teenage as for a preschool boy. Because a girl age 12-19 years needs fewer calories than a boy of the same age, her food plan has less of many foods—meat and alternates; potatoes; cereal, flour, bread, and bakery products; fats and oils; and sugars. Her plan has about the same amount of milk, cheese, ice cream, and citrus fruit and tomatoes; and slightly more dark-green, deep-yellow vegetables, and other vegetables and fruits than the boy's plan. Dark-green leafy vegetables are especially important in her plan, because they are good sources of iron and vitamin A but relatively low in calories.

Approximate amounts of food from the low-cost plan that might be served daily are shown in table 3. Fried and fatty foods and sweets and sugary foods should be limited so that these foods do not crowd out more nutritious foods in the diet and so that their consumption does not lead to overweight.

The cost of feeding a child also increases with the age of the child. The low-cost food plan costs twice as much for a teenage boy (\$16.60 a week, August 1978) as for a preschool child (\$8.40); and 1-2/3 times as much for a teenage girl (\$13.90) as for a preschool child (\$8.40). These costs are for children in a four-person family. They cover all meals and snacks for the week and assume that all food is bought and prepared at home. If some meals are bought away from home, costs may be higher. Meals bought at most schools, on the other hand, may cost no more or even less than meals allowed for in the plan. This is because school meals frequently are subsidized through the National School Lunch Program and the School Breakfast Program.

To help control increasing food costs, select less expensive food from the food plan groups. Some of these foods are popular with children; others may provide a new taste sensation.

- Buy fresh milk at a grocery or dairy store. Purchase milk in half- or 1-gallon containers. Use nonfat dry milk, which is less expensive than fluid milk, in cooking and as a beverage at least part of the time.
- Use some eggs, cheese, dry beans or peas, or peanut butter some of the time to replace meat. These foods provide protein

¹ USDA's four food plans are described in "Family Food Budgeting for Good Meals and Good Nutrition," Home and Garden Bulletin No. 94. Single copies are available from the Office of Governmental and Public Affairs, U.S. Department of Agriculture, Washington, D.C. 20250. Request publication by name and number and include your ZIP code.

and most other nutrients that meat supplies.

- When buying fresh vegetables and fruit, take advantage of seasonal abundance. Some vegetables and fruits, however, even in season, may not be within your budget. Fresh cabbage, carrots, collards, celery, onions, potatoes, bananas, and oranges, and many canned and frozen vegetables, fruits, and juices are usually good buys most of the year.

- Try lower priced brands. They may be similar in quality to more expensive ones.
- Buy flour, breads, or cereals that are whole-grain or enriched. Use them in some form at every meal to get your money's worth in nutrients. Use cereals prepared at home rather than instant or ready-to-eat ones most of the time. When buying ready-to-eat cereals, select those that are not sugar-coated and, if practical, those in family-size boxes.

Table 2. 1 week's food for children, low-cost food plan

Food group	Unit	Quantity per week ¹			
		Child, 1-5 years	Child, 6-11 years	Teenage boy	Teenage girl
Milk, cheese, ice cream ² ...	qt	3.8	5.1	5.6	5.6
Meat, poultry, fish, eggs, dry legumes, nuts ³	lb	2.0	3.1	4.4	3.3
Dark-green, deep-yellow vegetables	lb	.24	.34	.39	.46
Citrus fruit, tomatoes	lb	1.1	1.9	2.1	2.2
Potatoes	lb	.75	1.26	1.73	1.17
Other vegetables, fruit	lb	2.9	4.2	4.3	4.6
Cereal, pasta	lb	⁴ .94	1.18	.99	.75
Flour, mixes	lb	.29	.54	.72	.63
Bread	lb	.85	1.46	2.02	1.44
Other bakery products	lb	.47	1.02	1.44	1.05
Fats, oils	lb	.28	.56	.94	.53
Sugar, sweets	lb	.57	1.02	1.08	.88
Estimated weekly cost, August 1978 ⁵	do1	8.40	13.20	16.60	13.90

¹Amounts are for food as purchased or brought into the kitchen from garden or farm. Amounts allow for a discard of about one-tenth of the edible food as plate waste, spoilage, etc. In addition to groups shown, most people use some other foods: Tea, cocoa, soft drinks, punches, ades, leavening agents, and seasonings.

²Fluid milk and beverage made from dry or evaporated milk. Cheese and ice cream may replace some milk. See table 3.

³Weight in terms of dry beans and peas, shelled nuts, and peanut butter. Count 1 pound of canned dry beans, such as pork and beans or kidney beans, as 0.33 pound.

⁴Cereal fortified with iron is recommended for children 1-2 years old.

⁵Costs are for children in a 4-person family.

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Table 3. Food to serve each day, low-cost food plan ¹

Food group	Unit	Child, 1-5 years	Child, 6-11 years	Teenage boy	Teenage girl
Milk (3/4 oz hard cheese; or 3/4 cup cottage cheese, ice cream, ice milk; or 1/2 cup unflavored yogurt = 1/2 cup fluid milk)	cup	2 to 3	2 to 3	3 to 4	3 to 4
Cooked lean meat or alternate (1 oz cooked poultry or fish, 1 egg, 1/2 cup cooked dry beans or peas, or 2 tbsp peanut butter = 1 oz cooked lean meat)	ounce	2 to 3	3 to 4	5 to 6	4
Vegetables and fruit (1/2 cup or portion = 1 med. apple, banana, orange, or 1/2 med. grapefruit or cantaloup)	1/2 cup	2 to 3	3 to 4	4 to 5	4
Cereal and bakery products--enriched or whole grain (1 portion = 2 slices bread; 1 bun; 1 large muffin or cupcake; 1 oz ready-to-eat cereal; or 3/4 cup cooked cereal, as oatmeal, rice, noodles)	portion	3 or more	5 or more	6 or more	5 or more

¹Amounts as shown allow for some plate waste.

URBAN FAMILY BUDGETS—AUTUMN 1977

The Bureau of Labor Statistics has updated to autumn 1977 its three hypothetical annual budgets for an urban family and the comparative indexes for selected urban areas. This updating reflects changes in prices and personal taxes between autumn 1976 and autumn 1977.

In autumn 1977, the U.S. average cost of the lower budget for an urban family of four was \$10,481 a year, and the intermediate and higher levels were \$17,106 and \$25,202, respectively. These budgets represent a total budget cost increase over autumn 1976 of 4.4 percent for the lower budget, 5.4 percent for the intermediate budget, and 6.1 percent for the higher budget.

With the exception of housing, costs went up about the same for each budget level. Medical care costs showed the largest increase, 9.4 percent, and clothing the smallest increase, 3.6 percent. Housing increased less in the two

higher budget levels than in the lowest because homeowner costs, which are included only in the intermediate and higher budgets, increased less than rental costs. This difference, however, was more than offset in the total budget by a decrease in personal taxes in the lower budget and increases in personal taxes in the higher levels.

The budgets represent the costs of three hypothetical lists of goods and services that were specified in the mid-1960's to portray three relative standards of living. The hypothetical urban family of four is defined as a 38-year-old husband employed full time, a nonworking wife, a boy of 13, and a girl of 8.

Source: Department of Labor, Bureau of Labor Statistics, 1978, Autumn 1977 urban family budgets and comparative indexes for selected urban areas, *News*, USDL 78-393.

Annual budgets for a 4-person family at 3 levels of living, urban
United States, autumn 1977

Component	Lower	Intermediate	Higher
Total budget	\$10,481	\$17,106	\$25,202
Total family consumption	8,657	13,039	17,948
Food	3,190	4,098	5,159
Housing	2,083	4,016	6,085
Transportation	804	1,472	1,913
Clothing	828	1,182	1,730
Personal care	282	377	535
Medical care	980	985	1,027
Other family consumption	489	909	1,499
Other items	472	763	1,288
Taxes and deductions	1,352	3,303	5,965
Social security & disability	632	961	985
Personal income taxes	720	2,342	4,980

Source: Department of Labor, Bureau of Labor Statistics, 1978, Autumn 1977 urban family budgets and comparative indexes for selected urban areas, *News*, USDL 78-393.

COST OF FOOD AT HOME

Cost of food at home estimated for food plans at 4 cost levels, September 1978, U.S. average¹

Sex-age groups	Cost for 1 week			Cost for 1 month				
	Thrifty plan ²	Low-cost plan	Moderate- cost plan	Liberal plan	Thrifty plan ²	Low-cost plan	Moderate- cost plan	Liberal plan
	Dollars			Dollars			Dollars	
FAMILIES								
Family of 2: ³								
20-54 years	26.00	33.90	42.60	50.90	112.90	147.10	184.50	220.80
55 years and over	23.30	30.30	37.50	44.70	101.20	131.00	162.30	193.70
Family of 4:								
Couple, 20-54 years and children--								
1-2 and 3-5 years	36.60	47.20	59.00	70.60	159.00	204.80	255.60	305.80
6-8 and 9-11 years	44.10	56.90	71.50	85.50	191.30	246.90	309.80	370.80
INDIVIDUALS ⁴								
Child:								
7 months to 1 year	5.20	6.30	7.70	9.10	22.50	27.30	33.40	39.50
1-2 years	5.90	7.50	9.20	11.00	25.50	32.40	40.00	47.50
3-5 years	7.10	8.90	11.10	13.30	30.90	38.70	47.90	57.60
6-8 years	9.10	11.60	14.60	17.40	39.30	50.30	63.10	75.50
9-11 years	11.40	14.50	18.20	21.80	49.40	62.90	79.00	94.60
Male:								
12-14 years	12.20	15.40	19.30	23.10	52.70	66.90	83.80	100.20
15-19 years	13.40	17.10	21.50	25.80	58.00	74.20	93.00	111.70
20-54 years	13.00	17.00	21.50	25.80	56.50	73.70	93.10	111.90
55 years and over	11.60	15.00	18.70	22.40	50.20	65.10	80.90	97.20
Female:								
12-19 years	10.90	13.80	17.10	20.40	47.10	60.00	74.30	88.60
20-54 years	10.60	13.80	17.20	20.50	46.10	60.00	74.60	88.80
55 years and over	9.60	12.50	15.40	18.20	41.80	54.00	66.60	78.90
Pregnant	13.40	17.10	21.00	24.90	58.00	74.00	91.00	108.00
Nursing	14.20	18.10	22.50	26.70	61.60	78.50	97.60	115.80

¹Assumes that food for all meals and snacks is purchased at the store and prepared at home. Estimates for each plan were computed from quantities of foods published in the Winter 1976 (thrifty plan) and Winter 1975 (low-cost, moderate-cost, and liberal plans) issues of Family Economics Review. The costs of the food plans were first estimated using prices paid in 1965-66 by households from USDA's Household Food Consumption Survey with food costs at 4 selected levels. USDA updates these survey prices to estimate the current costs for the food plans using information from the Bureau of Labor Statistics' "Estimated Retail Food Prices by Cities" from 1965-66 to 1977 and "CPI Detailed Report," tables 3 and 9, after 1977.

²Coupon allotment in the Food Stamp Program based on this food plan.

³10 percent added for family size adjustment. See footnote 4.

⁴The costs given are for individuals in 4-person families. For individuals in other size families, the following adjustments are suggested: 1-person--add 20 percent; 2-person--add 10 percent; 3-person--add 5 percent; 5-or-6-person--subtract 5 percent; 7-or-more-person--subtract 10 percent.

CONSUMER PRICES

Consumer Price Index for all urban consumers

(1967 = 100)

Group	Sept. 1978	Aug. 1978	July 1978	Sept. 1977
All items	199.3	197.8	196.7	184.0
Food	215.6	215.4	215.0	194.5
Food at home	214.1	214.5	214.7	192.2
Food away from home	223.2	221.7	219.9	203.7
Housing	207.5	205.2	203.8	192.7
Shelter	216.2	213.3	211.3	194.7
Rent	166.4	165.1	164.2	155.3
Homeownership	234.2	230.6	228.3	209.1
Fuel and other utilities .	218.8	218.1	218.0	205.5
Fuel oil, coal, and bottled gas	295.7	294.2	294.5	285.1
Gas (piped) and electricity	237.9	236.9	237.2	218.0
Household furnishings and operation	180.5	178.9	178.1	178.9
Apparel and upkeep	161.9	159.6	158.0	156.2
Men's and boys' apparel ..	158.7	156.7	156.3	155.8
Women's and girls' apparel	152.3	149.1	146.4	148.6
Footwear	165.7	163.5	162.1	158.1
Transportation	188.7	188.1	187.2	178.5
Private	188.3	187.7	186.8	177.9
Public	188.2	187.6	187.7	184.1
Medical care	222.6	221.4	219.4	206.3
Entertainment	178.3	177.4	177.0	--
Other goods and services ...	187.8	184.0	183.1	160.6
Personal care	184.9	183.1	182.4	172.8

Source: U.S. Department of Labor, Bureau of Labor Statistics.

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